



Memphis City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of Coordinated School Health in the Memphis City School System in the 2006-2007 school year.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Memphis City School System that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- 1 Full-time Coordinator
- 2 Full-time Special Projects Coordinators
- 1 Full-time Administrative Assistant
- One .30 Research Evaluator
- Eighty-three Healthy School Teams
- School Health Policies strengthened or approved
- Collaborative Relationships with Multiple Health focused agencies, organizations and groups
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,652,927.16.

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
|---------------------------------------------------------------------------|---------------------------------------------------------------|
| ➤ MCS Board of Commissioners | ➤ MCS Department of Curriculum and Instruction |
| ➤ MCS Division of Parent and Community Engagement (PACE) | ➤ MCS Federal Programs, Grants and Compliance (NCLB) |
| ➤ MCS Center for Safe and Drug Free Schools | ➤ MCS Human Resources (Benefits) |
| ➤ MCS Mental Health Center (Alcohol and Drug) | ➤ MCS Student Support Services |
| ➤ MCS Counseling Division (Elementary, Middle and High School Counseling) | ➤ MCS Memphis Interscholastic Athletic Association (MIAA) |
| ➤ MCS Division of Nutrition Services | ➤ MCS Office of Research, Evaluation and Assessment |
| | ➤ MCS Department of Communications, Marketing and Development |

- MCS Gang Awareness and Prevention
- MCS Risk Management
- Memphis-Shelby County Health Department
- Healthy Memphis Common Table (Healthy Memphis)
- St. Jude Children's Research Hospital
- Well Child, Incorporated
- Le Bonheur Children's Hospital
- University of Tennessee Extension
- University of Memphis Center for Research on Women
- Memphis Health Center, Inc.
- Healthy Kids and Teens
- Planned Parenthood
- Cigna
- Blue Cross/Blue Shield of Tennessee
- Memphis Parks and Recreation
- Shelby County Mayor's Office
- Christ Community Health Center
- Church Health Center
- YMCA of Memphis and the Mid-South
- Memphis Pediatrics
- Memphis Chiropractic
- In-School Bowling Program (Local Bowling Facilities: Winchester Bowl and Bartlett Lanes)
- University of Memphis- Public Health
- University of Memphis- Health and Human Science
- Memphis Grizzlies
- Urban Child Institute
- Memphis Dental Society

Parent and Student Involvement Developed

Parents are involved in CSH activities including annual events such as May Day/Field Day Activities, Walking School Bus, Healthy Choices Week, Pre-K Express and school health screenings. CSH presents annually at the Parent Learning Academy with a focus on student health. Annual Parent Demand Summits are conducted in all four MCS regions. Currently, 10 parents are collaborating with CSH.

Students have been engaged in CSH activities such as photo voices, peer education trainings. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Memphis City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers

Screenings	# of Screenings Provided	# of Student Referrals
Vision Screenings	72,984	7,895
Hearing	72,984	3,386
Dental	38,069	4,017
Body Mass Index	30,324	16,477
Blood Pressure	30,234	63

Scoliosis	943	1
-----------	-----	---

Students have been seen by a school nurse and returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI Screenings totaled 30,324 screened and 16,477 referred. The BMI data of students at risk of being overweight is 36.2%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Project Adventure curriculum and equipment, bullying curriculum, basketballs, footballs, softballs, volleyballs, soccer balls, heart rate monitors, pedometers, Wii Fit Class Pack Sports Bundle, Speedminton equipment, fitness equipment for students, staff fitness areas/rooms, golfing equipment, breakfast in the classroom carts and bags, core stability balls for students and staff, stationary bikes and treadmills for student and staff, recumbent bikes for pregnant teens, Take 10!, Coordinated School Health overview, Breathe Easy With Asthma, School Health Index, healthy schools program, Healthy School Team training, in-school bowling, Walking School Bus, Speed Stacks Cup Stacking , HIV/AIDS prevention – Family Life, Michigan Model, CSH data reporting and collection, best practices in health and physical education, CPR, Fitness for Life, assessment in physical education, yoga in physical education, technology and physical education, Dance, Dance Revolution, CSH conferences and institutes, TN Association of Health Physical Education Recreation and Dance Conference, American Alliance of Health Physical Education Recreation and Dance Conference, American School Health Alliance Conference, school nurse conference, school counselor conference, Centers for Disease Control training and conferences, Pipeline Training-National Association of Sports and Physical Education, American Public Health Association, and school health conference;

School faculty and staff have received support for their own well-being through 50-50-50 Campaign for first 50 schools with 50% completed Cigna Health Assessment wins 1 of 50 treadmills, flu shots for \$5, Cigna Health Assessment for All, Never Quit Quitting Smoking Campaign, stress management partnered with chiropractic, Memphis Vision Campaign with Southern College of Optometry, Taste Tasting of Healthy Beverages and Foods, and blood pressure screenings.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

Health Education Interventions – Michigan Model, comprehensive health education, physical education/physical activity interventions, Take 10!, SEAM (Stop Everything and Move), Project Adventure, Power of Choice, Power U, Healthy Steps, nutrition interventions, fruit and vegetable grant, Breakfast in the Classroom, Power of Choice, Power U, Healthy Steps, decreased access to unhealthy snacks (sweetened beverages and salty/sugared, no fried foods, mental health/behavioral health interventions, psychosocial assessments, crisis Interventions, positive behavior intervention supports, psycho-educational testing, alcohol and drug assessments, alcohol and drug counseling for parents, mental health counseling for individuals, families, and groups, and threat assessments.

MCS accomplishments include:

- Take 10! Trainings have taken place in all four regions to increase physical activity time while children continue to learn.
- Students and Staff of Memphis City Schools have become more conscious of healthy foods and healthy habits.
- Health education has increased through comprehensive health education, district awareness campaigns such as Healthy Choices Week, and Staff wellness initiatives.
- Physical activity and play is encouraged across the district through Walking School Buses, 5k walk/runs, Field Days, May Days, in-classroom physical activities.
- Free CPR classes continue across the district to help promote a safe school environment.
- The Fresh Fruit and Vegetable program offers a daily fresh fruit and/or vegetable for the children in 18 schools.
- Staff and Student fitness area/rooms increased physical activity for the staff and students.
- Pedometers were provided to measure steps for the walking programs.
- Heart Rate monitors were provided to measure heart rates in appropriate training zone levels.
- The Central Nutrition Center is available to parents and staff members to discuss concerns related to proper nutrition.
- Deep Fryers have been removed from all school cafeterias.
- Nutrition Services have improved the quality and taste of food, earning The Golden Carrot Award.
- Snack machines dispensing sweet and/or salty foods and sodas have been discontinued from all middle schools and many high schools with efforts to discontinue distribution in all high schools.
- Healthier Generations provided CPR anytime kits through a grant from the American Heart Association.
- Well-Child, INC. provides annual EPSDT exams and referrals for children in all Memphis City Schools.
- Regional School Health Clinics are able to diagnose and treat on-site.
- Children are receiving comprehensive dental care.
- Students have access to professional school counselors, school social workers, school psychologists, physical education teachers, and school nurses at all schools to assist with health, wellness, social, emotional and mental health needs.

Additional Highlights for Memphis City Schools include

- Enhanced nutrition services, physical and health education, health services, parent and community involvement, staff wellness, healthy school environment, counseling, social services and psychological services through collaboration with the various divisions providing these services.
- CSH has broadened its' community partnerships and developed a strong voice for supporting health-related issues in the city of Memphis.

- CSH is responsible for helping to improve the quality of nutrition, and health and physical activity in schools. This work has been done by placing emphasis on health with signage and health related activities that create a strong image in the school district and encouraging every school to develop a Healthy School Team.
- Placing Healthy School Teams in every school remains a goal of Coordinated School Health and we are increasing the number of schools with Healthy School Teams annually.
- Coordinated School Health has purchased and provided physical activity equipment, curriculums, activities, interventions, and education for the Memphis City School district.

Since the time of development, CSH in the Memphis City School System has made significant contributions to the well-being of our students and staff which in turn has addressed barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Jean Massey
901-679-3334